

Choose and prepare foods with less salt.

Why should we be concerned about salt?

For many people, extra salt passes right through the body. However, for other people, extra salt contributes to high blood pressure.

High blood pressure is associated with heart disease, stroke, and disorders of the kidneys, eyes, and blood vessels. It is known as the “silent killer” because it usually occurs without signs or symptoms.

Moderating the amount of salt you eat is a wise guideline, because people often do not know they have high blood pressure or if their blood pressure is sensitive to salt. Over 25 percent of Wisconsin adults have high blood pressure.

Chemistry Lesson:

Sodium is a nutrient and a natural part of many foods. Salt is made of sodium and chloride. As nutrients, sodium and chloride help your body maintain fluid balance and regulate blood pressure.

How to Eat Less Salt



“Unlearn” your taste for salt. You learned your preference for salty foods, and with time and moderation of salt, you will come to appreciate less salty foods.



Enjoy plenty of fruits and vegetables, which are naturally low in sodium.



Choose foods within a food group that contain less salt.



Season meats, poultry, eggs, vegetables, etc. with herbs, spices, herbed vinegar, herb rubs, and fruit juices.



Go easy on high-sodium foods. Balance high-sodium items with foods that contain less sodium over several days.



Read the Nutrition Facts information on the label to find the sodium content of a packaged food. Try to keep your average daily intake to around 2,400 milligrams of sodium. (about 1 teaspoon of table salt.)

Dietary Guidelines 2000

The **ABC's** of good health

Aim for fitness

- Aim for a healthy weight.
- Be physically active each day.

Build a healthy base

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- **Choose and prepare foods with less salt.**
- (for adults) If you drink alcoholic beverages, do so in moderation.

Simple ways to moderate you salt intake when eating out:



Move the salt shaker to another table.



Recognize menu terms that usually contain a large amount of salt: pickled, smoked, au jus, soy sauce, in broth. Other items include green olives, ham, corned beef, bacon, sausage, etc.



Nibble on raw veggies, rather than salty snacks.



Go easy on condiments for hamburgers and sandwiches, such as mustard, catsup, pickles, and tartar sauce. Enjoy lettuce, onion, and tomato.



Ask your server to have your order prepared without salt, if possible. Ask for sauces and salad dressings on the side where you have control, since they then to be high in sodium. For a salad, use a twist of lemon, a splash of vinegar, or a light drizzle of dressing.



Keep your order simple. Sauces and toppings often add extra sodium to food.

Reading Food Labels

You may see many descriptions of the sodium content on the front of the food labels. What do they all mean?

Term	Meaning
Sodium free	Less than 5 milligrams sodium per serving
Very low Sodium	35 milligrams or less sodium per serving
Low sodium	140 milligrams or less sodium per serving
Reduced or Less sodium	at least 25% less sodium
Light in Sodium	50% less sodium; restricted to foods with more than 40 calories per serving or more than 3 grams fat per serving
Salt free	less than 5 milligrams sodium per serving
Low sodium Meal	140 milligrams or less sodium per 100 grams
Unsalted or added salt	no salt added during processing; does not necessarily mean sodium free

Puree of Carrot Soup

Preparation Time: 10-15 Min.

Cooking Time: 20-30 Min

Makes: 4 Servings

— 5 cups of stock made with Pea Shells

— 1 pound of peeled carrots, chopped coarsely

— 1 large clove of raw garlic

— 1/8 teaspoon pepper

Wash one pound of fresh peas and shuck them. Combine 6 cups of water the Pea Shells, and boil for about 15 minutes or until the water reduces to 5 cups. Remove the Pea Shells and discard. To the stock, add the carrots, garlic, and pepper. Simmer for about 20 minutes or until the carrots are quite tender. Put the soup into a blender and puree to desired texture. Serve with bread/rolls.

Nutrition Information Per Servings: 64 Calories, 1 g Fat, 0 mg Cholesterol, 10 mg Sodium, 11 g Carbohydrate, 4 g Protein

This 5 a Day recipe provided by Carlo Middione of Vivande Ristorante, San Francisco.